

DR. VOORHEES'S FOURTH LESSON IN SWIMMING TAKES EVENING WORLD READERS FROM LAND DRILL TO WATER.

How to Practise the Exercises by the Use of a Stationary Belt—Women Learn More Easily than Men.

In his fourth lesson in swimming for Evening World readers, Dr. J. M. Voorhees, in charge of the swimming baths at the Battery, shows how to apply the knowledge gained from the land drill to actual work in the water.

BY DR. J. M. VOORHEES. LESSON IV.

When the land drill has been thoroughly mastered the pupil is allowed to enter the water.

Upheld by a stationary belt stretched across the swimming pool he is perfectly secure and is enabled to put in practice in the water the motions learned in the land drill.

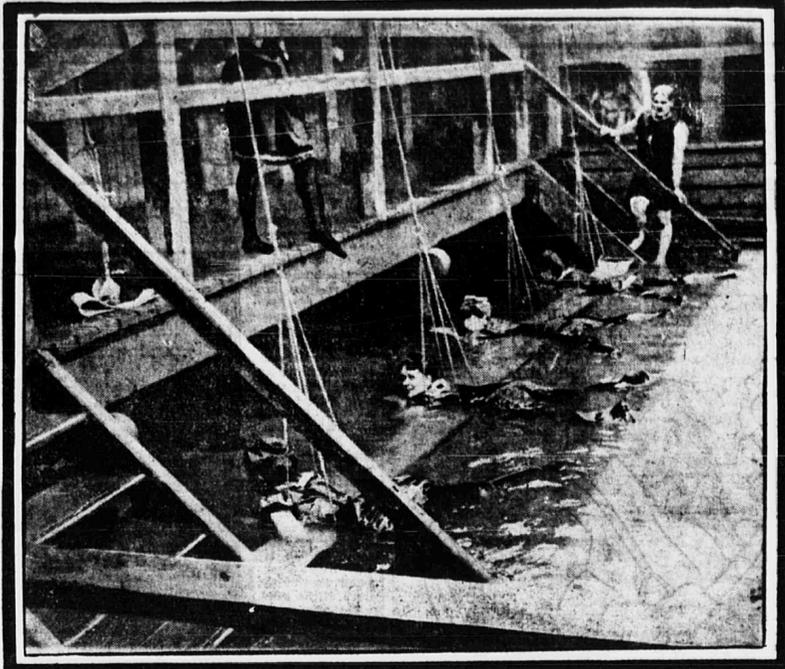
There the inexperienced pupil at first becomes rapidly exhausted. He tries himself by quick action and the continual raising of the body out of the water, for when the hands or any other parts of the body are lifted from the water they immediately act as a weight whose tendency is to submerge head and all.

To keep on the surface continual practice is required.

As a rule women learn to swim more easily than men, as their specific gravity is less. They are fatter in proportion and learn to swim more easily.

In children, of course, the bones are lighter, fat is usually abundant and they can be more easily taught than men or women.

It should be borne in mind that the body is not intended to be supported by the water by the concerted action of the limbs. Beginners are apt to waste a strength in struggling with the arms and legs disconnectedly.



WATER DRILL IN SWIMMING

Three distinct motions of the legs are necessary to a complete leg stroke. In the first the feet are drawn toward the body; in the second the toes are turned outward and the legs stretched sidewise almost to their fullest extent; while the third motion is that of closing the extended legs and bringing them into a straight line with the body.

The leg stroke must not be made on the surface of the water. Nor should the heels be kicked up into the air behind. The sweep of the limbs should be accomplished under water, with the hands about three inches and the legs nine inches below the surface.

The body should be held in a steady position with the back slightly hollowed and the head slightly thrown back. The action should not be jerky and the body should be as nearly horizontal as possible. Instead of tending toward the perpendicular, as with many beginners, the first experience of swimming in the water is apt to be followed by extreme fatigue. This is quite natural, and should not excite any alarm, as swimming brings a great many unused muscles into play, and the feeling will rapidly diminish with exercise.

After the motions have been thoroughly learned the stationary belt may be dispensed with. The next lesson will deal with the use of the "trolley," which naturally follows the stationary belt.

SET FIRES TO SEE THE "INGYNES" RUN

Small Boy Caught Says So, but Declares that "Morgy a Big Feller" is the One Wanted—"Sore on a Cop."

John Persini, a diminutive Italian, who looks about six years old but says he is ten, was arrested by Detectives McKenna and Kavanaugh, of the Leonard street police station, after a chase and admitted that he and three other boys who escaped had just set fire to the big business building at No. 89 Franklin street, in which Andrew Roede and James Duncan & Co., importers, are the principal tenants.

BY JOHNNY PERSINI.

I didn't do it myself. I ain't got no matches. You can search me. Morgy, a big feller who lives down in Baxter near Worth, he set 'em all. He done it to see th' ingynes run an' we went along. I live at No. 31 Hamilton street with me fadder an' me mudder an' me four sisters an' brudder. I'm all right. Nobody never caught me doin' nothin'.

Morgy an' do rest of us went down to de Oak street precinct an' chucked bits of wood soaked in oil an' burnin' trolleys of winders in some of de big buildin's. We got sore on a big cop who chased us for playin' ball, an' to get hank we set off a few buildin's on his beat.

There was No. 35 Walker street, No. 41 White street an' No. 87 Walker street. Dere was fadders, but I've forgot 'em. I'm a good feller an' at de head of me class at de Five Points school.

Assistant Fire Marshal Willis says he believes the boy is a member of a gang of firebugs which has set fire to a dozen buildings in the Leonard street and Oak street precincts in the last three months.

CHASTISED HER CHILD IN COURT.

Girl Accused of Robbing Poor Box in Church Knocked Down by Mother—Wee Accomplices Set Free.

Mrs. Rose Doyle, of No. 621 West One Hundred and Fifty-second street, rushed into the Harlem Police Court today, and, forcing her way into the room of the Gerry Society, where three little girls, accused of robbing a church poor box, were seated, reproached the eldest one, her daughter and namesake, in no uncertain terms.

"You're a fine disgrace to your family," then she drew back her motherly right "blow."

The girl fell to her knees, waiting and holding her smothering check.

"I'll be switched if the Gerys get my baby!"

So she tucked little Mary, twelve years old, under her left arm and made a break for the door. Her dash was successfully blocked by several policemen and she was summoned to court.

There Kate Kelly, of No. 157 St. Nicholas avenue, told Magistrate Zeller how she was looking from her window into St. Thomas's church, at One Hundred and Eighteenth street and St. Nicholas avenue, when she saw Rose Doyle and her sister Mary and Nora Roach, ten years old, of No. 626 West One Hundred and Fifty-second street, robbing the poor-box.

Rose was kneeling as if in prayer beneath the box and carefully removing the lock with a screw driver. The two little girls were watching to give the alarm. Kate found Father Halpin, who sent her for a policeman and placed Sexton Patrick McElyan on guard over the girls.

"Can't you control this girl?" asked Magistrate Zeller.

"No, Your Honor," wailed the mother, breaking into tears, "I'm a poor, weak woman and she's too much for me."

Rose was sent to the Catholic reformatory and the two younger girls were discharged. Several churches have suffered recently through the looting of their poor boxes and it is believed that these girls are responsible.

WATERS PIANOS

Have been known for FIFTY YEARS as standard high-grade pianos.

They are famous for their FINE TONE and are warranted to be DURABLE.

Let us send you our catalogue with REDUCED PRICE and TERMS on our new 3-YEAR SYSTEM, giving you THREE YEARS' time without interest.

No pianos so celebrated as the WATERS are sold at such LOW PRICES and on such EASY TERMS. Call and see them or send postal for a catalogue.

HORACE WATERS & CO. 134 Fifth Ave., near 18th St. HARLEM BRANCH, 254 West 125th St., near 8th Ave.

Dentistry.



Don't neglect your teeth. At the first sign of decay have them attended to. Bad teeth mean foul breath, foul breath means a disordered stomach, a stomach out of order means poor health.

Our new botanical discovery kills the pain—we apply it to the gums, and you rest in perfect ease while the work is being done.

All Work Guaranteed to Years. Full sets of Teeth..... \$5.00 Gold Crowns..... \$5.00 Gold Fillings..... \$2 up Silver Fillings..... \$1.00 up

Waterbury Dental Parlors, BROOKLYN, NEW YORK. 414-416 Fulton St. (Opp. B'nai B'rith Bldg.)

For Sale.

50 CENTS PER WEEK.



CREDIT For Everybody. LENS... 2289 3d Ave., Near 884 Columbus Ave.

WEST SHORE RAILROAD.

NEW YORK CENTRAL ROUTE.

NEW YORK, BOSTON AND ALBANY RAILROAD.

High-grade, reliable Sewing Machines, New Home, Janitor, Singer, etc., at 50 cents a week, price \$15 to \$20. Discount for cash.

WESTERN UNION SEWING MACHINE CO., 112 Grand Avenue, near 16th Street.

FOR THE NEXT FOUR DAYS I will continue my offer of a pair of solid gold eyeglasses and monocles for \$2. Every pair worth \$10 and up will be sold for \$2. The money will be refunded if the same goods can be bought in this city for less than \$2. These three conditions will be in charge to make free examinations of the eye by artificial lights, there will be no delay; everybody will get exactly what is advertised. K. B. BROADWAY, NEW YORK. Open till 6 P. M.

Watches and Diamonds. Lowest Prices. Reliable Goods. TRANS-ACTIONS CONFIDENTIAL. Call Write or Telephone.

American Watch and Diamond Co., 15 Maiden Lane, New York.

DIAMONDS, watches; weekly or monthly payments; lowest prices; easy terms. NATIONAL DIAMOND WATCH CO., 117 Broadway.

Lawyers. GEORGE ROBISON, DIVORCE \$50. 1370 B'way, 37th St. (Night).

Patents. ADVISE FREE—Patents promptly prepared; inventors' Guide FREE. PATENT BUREAU, 2nd Avenue, 2nd Floor.

1,000 Topics Thoroughly Treated in the 1902 World Almanac. Well printed and superbly bound. \$1.00. Sent by mail.

To Cure Drunkards.

A Simple Way to Cure Any Drunkard Against His Will.

By using the new odorless and tasteless remedy which is placed in the coffee or food any drunkard can be cured without his knowledge.

It does its work so surely that while the drunkard is eating, drinking, or sleeping, his wife, sister, daughter or mother looks on and says, "He is cured against his will."

Every person who has a loved one who is a slave to drink ought to give them this remedy at once.

Mrs. Samuel Boyd says: "I cured my husband of drink, and he could not drink liquor or beer to be written to Dr. J. W. Haines, 387 Glenn Building, Cincinnati, Ohio, and he will send you a bottle of the remedy which will cure you how simple it is to use and how just.

Full-sized boxes of Golden Specific are for sale in New York by Wetman & Muller, 60 Broadway, Columbus ave. and 60th St. and in Brooklyn by Banl. Rosenberg, 214-216 Fulton street.

NEW YORK CENTRAL

THE FOUR-TRACK TRUNK LINE. VIA NIAGARA FALLS.

Trains arrive and depart from Grand Central Station, 42nd Street, New York, as follows:

1.00 P. M.—BUFFALO LIMITED. Due Buffalo 11:30 A. M. Leave Buffalo 12:30 P. M. Arrive New York 1:30 P. M.

1.30 P. M.—BUFFALO LIMITED. Due Buffalo 12:30 P. M. Leave Buffalo 1:30 P. M. Arrive New York 2:30 P. M.

1.50 P. M.—BUFFALO LIMITED. Due Buffalo 1:30 P. M. Leave Buffalo 2:30 P. M. Arrive New York 3:30 P. M.

2.00 P. M.—BUFFALO LIMITED. Due Buffalo 2:30 P. M. Leave Buffalo 3:30 P. M. Arrive New York 4:30 P. M.

2.30 P. M.—BUFFALO LIMITED. Due Buffalo 3:30 P. M. Leave Buffalo 4:30 P. M. Arrive New York 5:30 P. M.

2.50 P. M.—BUFFALO LIMITED. Due Buffalo 4:30 P. M. Leave Buffalo 5:30 P. M. Arrive New York 6:30 P. M.

3.00 P. M.—BUFFALO LIMITED. Due Buffalo 5:30 P. M. Leave Buffalo 6:30 P. M. Arrive New York 7:30 P. M.

3.30 P. M.—BUFFALO LIMITED. Due Buffalo 6:30 P. M. Leave Buffalo 7:30 P. M. Arrive New York 8:30 P. M.

3.50 P. M.—BUFFALO LIMITED. Due Buffalo 7:30 P. M. Leave Buffalo 8:30 P. M. Arrive New York 9:30 P. M.

4.00 P. M.—BUFFALO LIMITED. Due Buffalo 8:30 P. M. Leave Buffalo 9:30 P. M. Arrive New York 10:30 P. M.

4.30 P. M.—BUFFALO LIMITED. Due Buffalo 9:30 P. M. Leave Buffalo 10:30 P. M. Arrive New York 11:30 P. M.

4.50 P. M.—BUFFALO LIMITED. Due Buffalo 10:30 P. M. Leave Buffalo 11:30 P. M. Arrive New York 12:30 A. M.

5.00 P. M.—BUFFALO LIMITED. Due Buffalo 11:30 P. M. Leave Buffalo 12:30 A. M. Arrive New York 1:30 A. M.

5.30 P. M.—BUFFALO LIMITED. Due Buffalo 12:30 A. M. Leave Buffalo 1:30 A. M. Arrive New York 2:30 A. M.

5.50 P. M.—BUFFALO LIMITED. Due Buffalo 1:30 A. M. Leave Buffalo 2:30 A. M. Arrive New York 3:30 A. M.

6.00 P. M.—BUFFALO LIMITED. Due Buffalo 2:30 A. M. Leave Buffalo 3:30 A. M. Arrive New York 4:30 A. M.

6.30 P. M.—BUFFALO LIMITED. Due Buffalo 3:30 A. M. Leave Buffalo 4:30 A. M. Arrive New York 5:30 A. M.

6.50 P. M.—BUFFALO LIMITED. Due Buffalo 4:30 A. M. Leave Buffalo 5:30 A. M. Arrive New York 6:30 A. M.

7.00 P. M.—BUFFALO LIMITED. Due Buffalo 5:30 A. M. Leave Buffalo 6:30 A. M. Arrive New York 7:30 A. M.

7.30 P. M.—BUFFALO LIMITED. Due Buffalo 6:30 A. M. Leave Buffalo 7:30 A. M. Arrive New York 8:30 A. M.

7.50 P. M.—BUFFALO LIMITED. Due Buffalo 7:30 A. M. Leave Buffalo 8:30 A. M. Arrive New York 9:30 A. M.

NEWS At Home TOLD IN TABLOIDS Abroad NEWS

LOCAL.

DUTCH MINISTER TO JAPAN HERE. On the Holland American liner Rotterdam, from Rotterdam, arrived Baron A. M. D. Sweets de Lamas Wyborg, Dutch Minister to Japan, Dr. E. Bowers, Dr. O. W. H. B. and Dr. J. H. B.

ELECTRIC ON NINTH AVENUE. The first electric cars on Ninth avenue ran yesterday over that part of the work already completed between Twenty-third and Fifty-fourth streets.

INVESTIGATE CHILD LABOR. Robert Hunter, Head Worker of the University Settlement, has requested the cooperation of the Central Federated Union to put down child labor in places where the factory inspectors failed to do their duty.

UNKNOWN DROWNED. The body of an unidentified man about forty-four was found in the North River off One Hundred and Fifth street in the pockets were a brass check, "1379 W. B.," three foreign coins and a brass watch chain.

ENLARGING GRACE CHURCH. Extensive alterations are in progress in Grace Church. A high partition has been constructed at the rear end, entirely shutting off the view of the great stained glass window.

TO REOPEN AMERICAN ROOF. Ted Marks announced last night that he will reopen the American Theatre Roof Garden on Monday night, July 14, with a big bill. Mr. Marks started to show on the American roof early in the season, but owing to cold weather he lost money. So he paid off all hands and shut up shop.

DEATH OF GEN. MORGAN. Gen. Thomas J. Morgan died at the Ochsling Hospital yesterday. He was sixty-two years old, and lived in Yonkers. His wife was at his bedside when he died. At the outbreak of the civil war he enlisted as a private and rose to the command of a brigade. Under President Harrison he served as Commissioner of Indian Affairs.

TWELVE STOWAWAYS ON SHIP. The immigration boarding officers on inspecting the Leyland line Canadian, from Liverpool, found twelve stowaways, catmen and muleaters. They were sent to Ellis Island to be investigated.

FATHER MURPHY'S FUNERAL. The funeral of Rev. William F. Murphy, formerly of the parish of St. Theresa and the Church of the Nativity, who died at his home, No. 42 West Twenty-second street, Saturday evening, will take place from St. Francis Xavier's Church 10-morrow morning at 10 o'clock. His remains will be interred in the cemetery of St. Francis Xavier's.

HORSE FALLS ON YOUNG WOMAN. While leading a trotting-horse to the stable on Saturday Miss Mary V. Stickle, of Plainfield, N. J., received a fracture of the leg and serious bruises. The animal stumbled and fell on the young woman. Dr. A. V. Long said she would recover.

QUICK WIT DID NOT SAVE HIM. In an attempt to escape arrest, Isidore Albert, nineteen years old, who says he was born in Jerusalem, proved himself a man of quick wit in a pinch. He was being pursued by a crowd when he turned in an alarm of fire. To the foremost of his pursuers he indignantly protested that there was a fire near by. Unfortunately for him the owner of a house that had been robbed came up.

TELEGRAPH.

620,000 SHORT IN JAIL. CHICAGO, July 14.—Benjamin C. Jolley, margin clerk of the Wear Commission Company, tried to get rich quick and now he is in jail. The company places its losses at \$200,000. Jolley was arrested on Rock Island and Arden.

REDUCED WAGES. PITTSBURGH, July 14.—The American Tin-Plate Company, one of the Steel Trust, is about to reduce wages.

PRINCE AT ATLANTIC CITY. ATLANTIC CITY, July 14.—A real prince has arrived at the shore with his suite and registered at the Hotel Dennis. He is S. Gato, a relative of the Mikado of Japan and Governor of the island of Formosa.

LIGHTNING KILLS TWO. SAVANNAH, July 14.—During a terrific thunderstorm Thomas Rose, a watchman on a wharf, and Lizzie Williams, a small colored girl who had taken him his dinner, were killed by lightning.

NEW FRICK ENTERPRISE. PITTSBURGH, July 14.—Henry C. Frick is to erect a mammoth department store on the site of St. Paul's Cathedral, which he recently purchased. The store will be occupied by a New York concern recently formed.

TO END DAYS IN JERUSALEM. BALTIMORE, July 14.—The Rev. Joseph Blinzer, formerly reader of the old High Street Synagogue, will leave Baltimore for Jerusalem today for Jerusalem, where the couple expect to end their days.

TWO BOYS DROWN. DETROIT, July 14.—Anthony Rukamp, aged sixteen, and Adolph Budeller, aged eighteen, of this city, went rowing in Canoe Lake with May Weisler. The boat began leaking and finally tipped over before they could reach shore. The boys were rescued, but both boys sank before rescuers could get to them.

OLARA TAYLOR RELEASED. CINCINNATI, July 14.—Prosecutor Hoffmeister has been notified by Consul Pearson a Genoa, Italy, that Clara Olara Taylor, who was arrested here, is a free woman.

MESMERIZED. A Poisonous Drug Still Freely Used. Many people are brought up to believe that coffee is a necessity of life, and the strong hold the drug has on the mind makes it hard to loosen its grip even when one realizes its injurious effects.

A lady in Baraboo writes: "I had used coffee for years; it seemed one of the necessities of life. A few months ago my health, which had been slowly failing, became more impaired, and I knew that unless relief came from some source I would soon be a physical wreck. I was weak and nervous, had such sick headaches, no ambition and felt tired of life. My husband was also losing his health. He was troubled so much with indigestion that at times he could eat only a few mouthfuls of dry bread.

"We concluded that coffee was slowly poisoning us and stopped it and used hot water. We felt somewhat better, but it wasn't satisfactory. Finally we saw Postum Coffee advertised and bought a package. I followed directions for making carefully, allowing it to boil twenty minutes after it came to the boiling point and added cream, which turned it to the loveliest rich looking and tasting drink I ever saw served at any table, and we have used Postum ever since. I gained five pounds in weight in as many weeks, and now feel well and strong in every respect. My headaches have gone and I am a new woman. My husband's indigestion has left him and he can now eat anything." Name given by Postum Co., Battle Creek, Mich.

OLD NEWSPAPER MAN DEAD. WASHINGTON, July 14.—E. Cuthbert, for eight years the Washington correspondent of the Richmond Dispatch, is dead, aged sixty-one years. He served throughout the civil war on the Confederate side. For a long time he was the Southern news manager of the New York Herald, with headquarters in Richmond.

AMERICAN BUTLER

CHOICE GROCERIES

AMERICAN BUTLER

CHOICE GROCERIES

AMERICAN BUTLER

CHOICE GROCERIES

AMERICAN BUTLER

CHOICE GROCERIES

AMERICAN BUTLER

CHOICE GROCERIES